

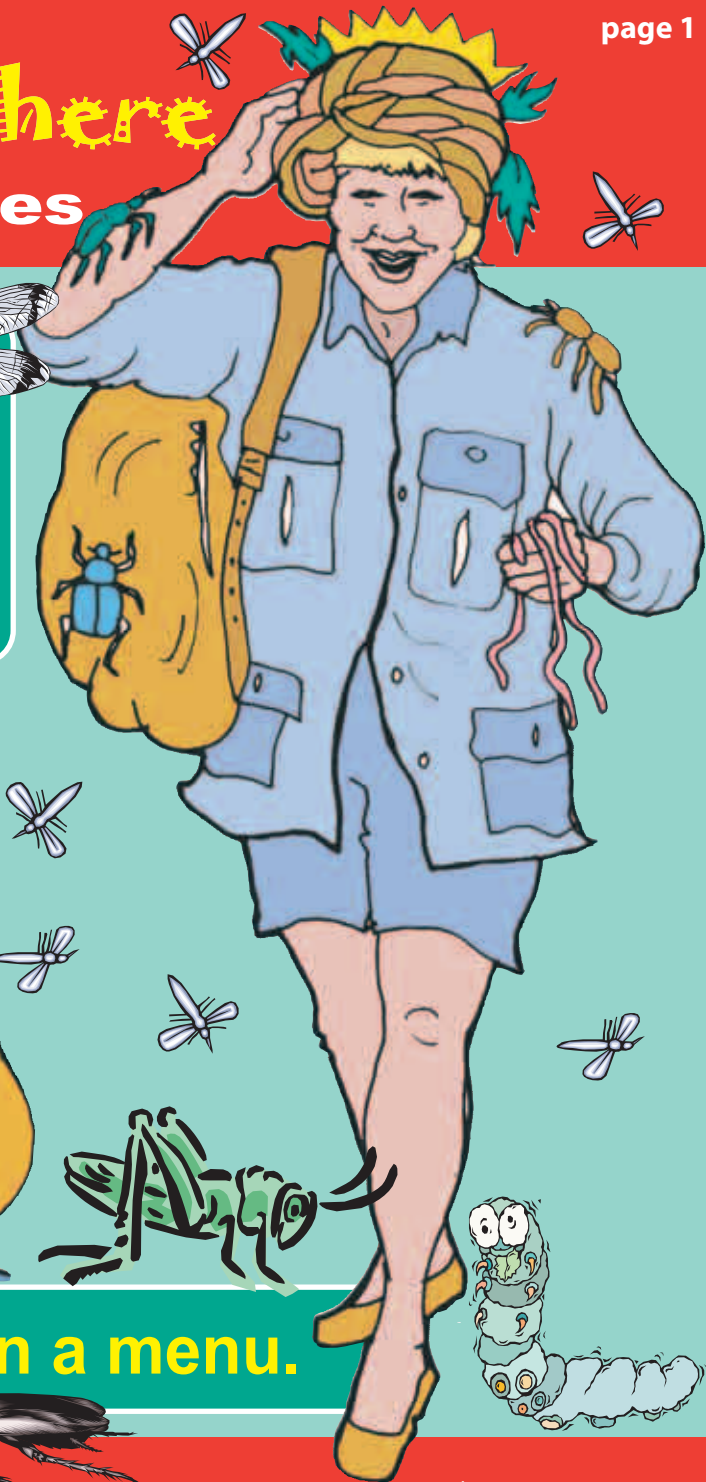
The producers of ...  
**I'm a celebrity get me out of here**  
... are already planning next year's series



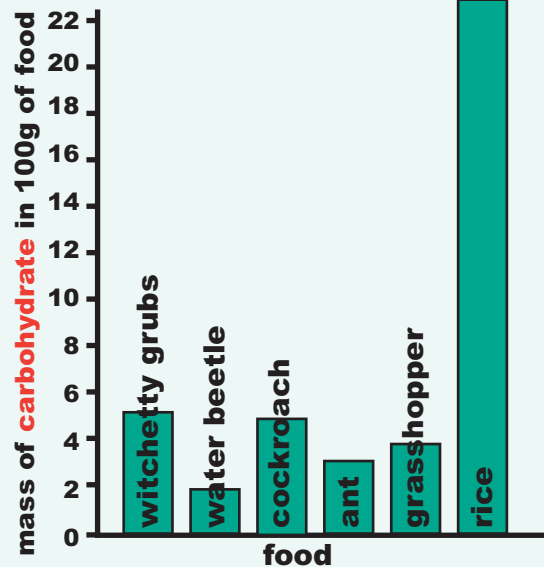
Carol Thatcher,  
Queen of the Jungle...  
The viewers loved her, especially  
when she ate all those bugs!

Let's make next  
year's show even better.  
We'll make the celebrities  
survive on nothing but  
bugs and rice for a  
whole day!

OK, great. **Let's get our researchers to design a menu.**



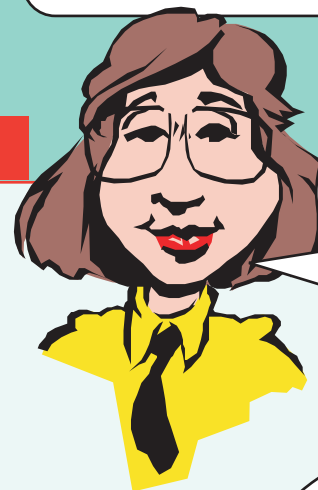
### carbohydrate



The celebrities must stay healthy. They'll need to eat a balanced diet with food from each food group.



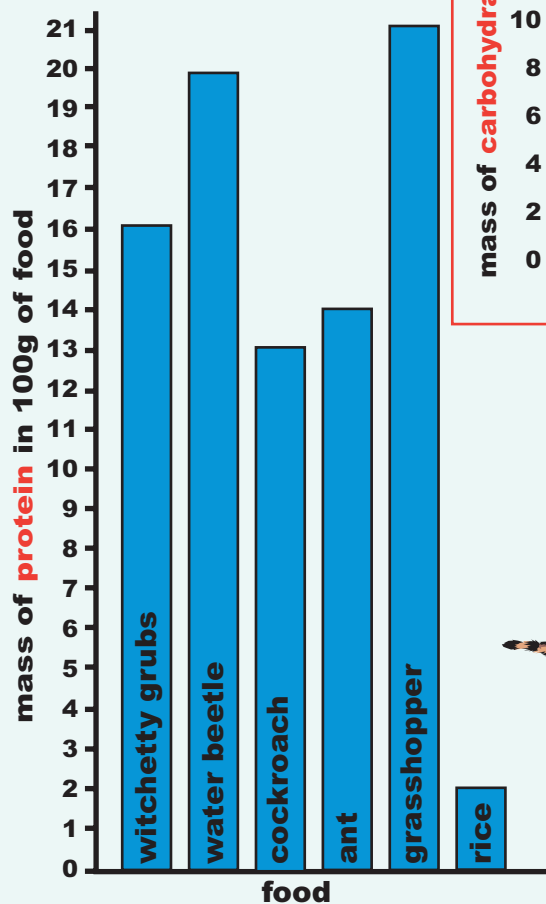
They'll need carbohydrates and fats for energy.



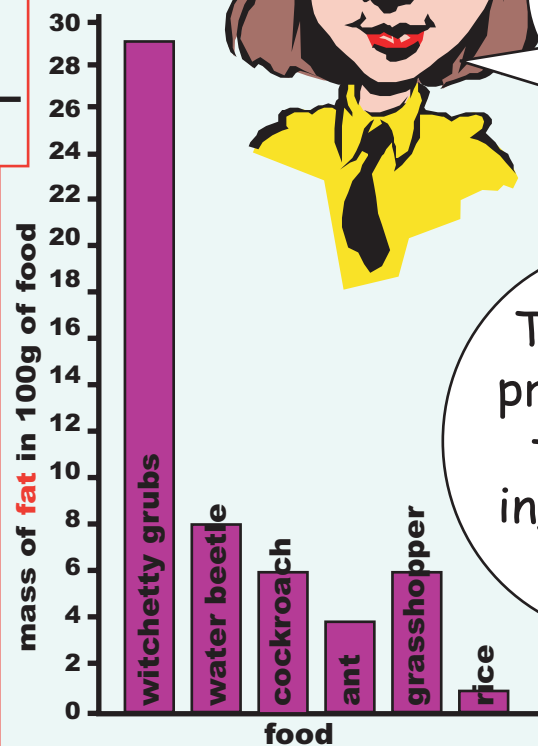
They need protein too, to repair injuries and to grow.



### protein



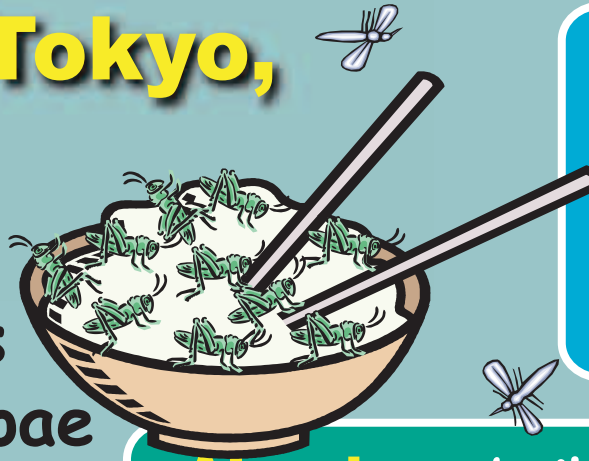
### fat



# Bush Tucker Menu Challenge: Meal ideas

## Restaurants in Tokyo, Japan serve:

- boiled wasp larvae
- fried grasshoppers
- fried silk moth pupae



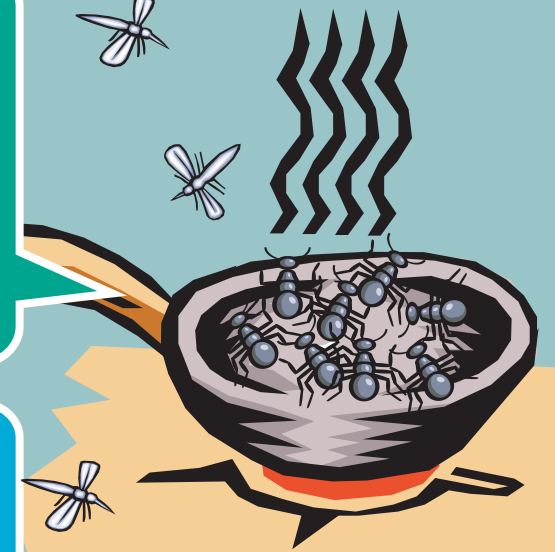
**Tanzanians** collect **flying ants** and heat them in a frying pan for a few minutes. They taste like crispy bacon.



**Algerians** boil **desert locusts (like grasshoppers)** in salty water. They dry them in the sun and eat them.

**Traditional Australian aboriginals** enjoyed eating **witchetty grubs** raw. They taste like almonds. Some people barbeque witchetty grubs. These taste like chicken with peanut sauce.

Very few people eat cockroaches - maybe because **cockroaches** eat lots of poo!





# Bush Tucker Challenge: The Menu

page 4

## Discuss

- 1 Which food in the bar charts has the most protein?
- 2 On a busy day the celebrities need lots of energy. Which foods should they eat most of?
- 3 One of the celebrities may want to lose weight. Which insects are lowest in fat?
- 4 For a gentle day around the camp, the celebrities need about 300 g of carbohydrate. How many grams of cockroaches will give them this?

Now design a balanced menu for a day. Remember, the celebrities are allowed only bugs and rice!

Time	Foods